

Active for Life Lab Challenge

- A fun way to get moving!
- Health, Benefits and Employee Services (HBE) celebrates May Fitness Month by launching the Active for Life Lab Challenge 2010, sponsored by the American Cancer Society (ACS)
- Sandia National Labs will compete against other labs in this fun, ten-week program to encourage people to be more active, eat healthier and adopt a healthier lifestyle



Active for Life Lab Challenge

Team Captain Responsibilities include:

- Go to hbe.sandia.gov and search for Active for Life Lab Challenge and click to be a team captain
- You will receive an email From Heather Morgan Your Active for Life Team Captain Invitation with a link to enroll and how to invite your team (limit to 4 members):
- Click the link and see terms of agreement
- Complete the Pre-program survey
- Register your team
- Click Campaign tools
- Go to Invite Participants, enter emails of your team members and send invite
- Once your team is enrolled you are responsible for forwarding HBE Weekly Bonus Points options with your team (they will be emailed to you each week from HBE)
- Provide support and encouragement
- Record you daily points online at fightcancer.org

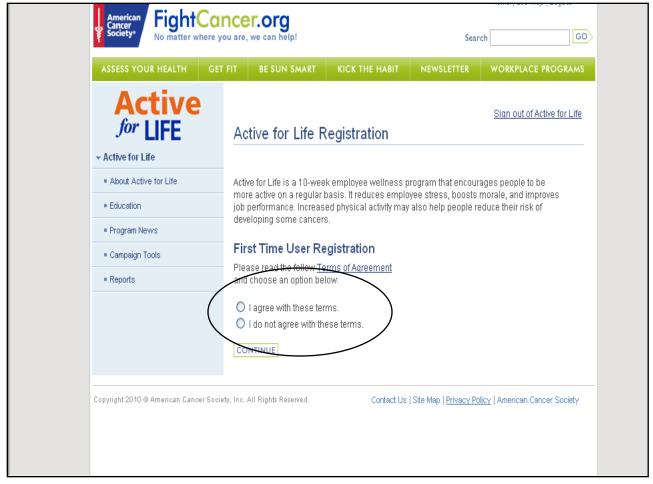
Participants Responsibilities include:

- You will receive an email from your team captain from Active for Life with a link to enroll.
- Click the link and see terms of agreement
- Complete the Pre-program survey
- Record you daily points online at fightcancer.org



Health Benefits Employee Services

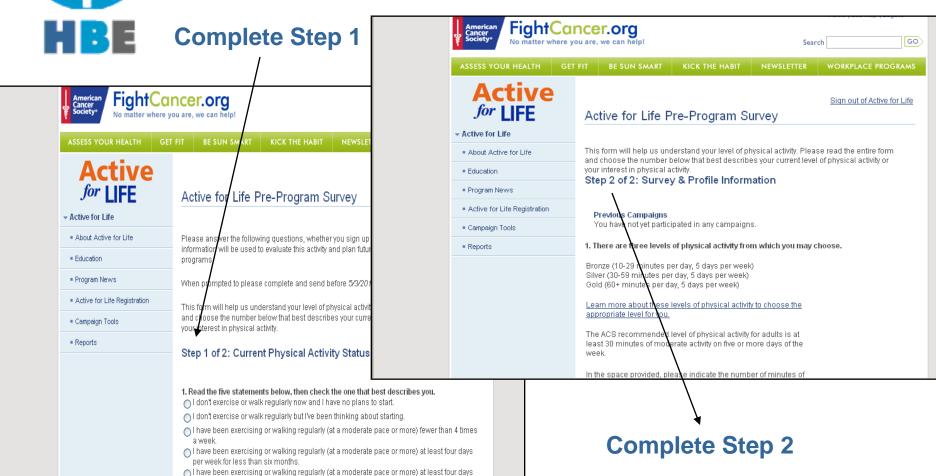
Email from Active for Life: Team Captain Click the link





per week for six months or longer

Active for Life Lab Challenge Pre-Program Survey



Health Services



Active for Life Lab Challenge Team Registration

American Cancer Society* FightCancer.org No matter where you are, we can help!			Home Site Map Logout	
ASSESS YOUR HEALTH GET	FIT BE SUN SMART	KICK THE HABIT	NEWSLETTER	WORKPLACE PROGRAMS
Active for LIFE	Active for Life T	eam Registrat	ion	Sign out of Active for Life
→ Active for Life				
About Active for Life				
Education	Team Information			
■ Program News				
■ Campaign Tools	Team Name:			
■ Reports	Location: Team Logo (optional):	am logos may be 75 pixels by	Browse	nat.
				SAVE
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Health Services



Go to Campaign tools to send your team member and invite email

Health **Benefits Employee Services**

Active for Life Lab Challenge Go to Campaign Tools



Disease Management and Preventive Health Programs 505-844-HBES (4237)

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Health Benefits Employee Services

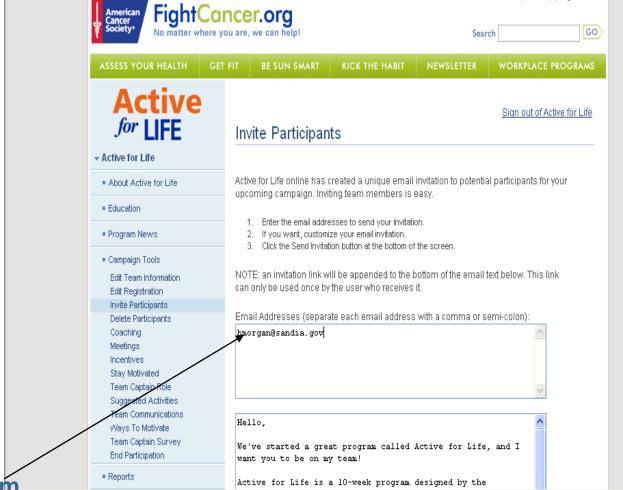
Invite Participants



Click here to invite / your team members



Email your team members (limit of 4)



Enter your team members email addresses and scroll down to send

Disease Management and Preventive Health Programs 505-844-HBES (4237)

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Login: sandianm



Health Benefits Employee Services

Click on the Active for

Life link

Click on Active for Life



Health Services



Log your points

This is where you will log your daily points!

HBE



Health Services
Health Programs



Active for Life Lab Challenge

ACS Active for Life Point system:

 1 Life Point for each minute of moderate to vigorous physical activity, <u>above usual</u> activities

ACS recommends that adults be active for at least 30 minutes/day, 5 or more days/week (45-60 minutes of intentional physical activity are preferable)

30 min X 5 days = 150 Life Points

Participants should track only <u>intentional</u> activity in <u>minimum 10 minutes increments</u>

• 1 Bonus Point for each serving of a fruit, vegetable and water

HBE Bonus Points

- **Healthy Lifestyle Bonus Points** (HBE Weekly email, will be forwarded to team members by team captain)
- Make it Stick and Go Above and Beyond Bonus Points (HBE Weekly email, will be forwarded to team members by team captain)



Questions?

- Call Heather Morgan 505-844-4143 or email <u>hmorgan@sanida.gov</u>
- Call Kayleen Vahle 505-284-3746 or email kvahle@sandia.gov

Let's get moving!